

Scituate SENIOR CENTER

Commitment ★ Connection ★ Community

SENIOR HAPPY'NINGS | NOVEMBER & DECEMBER 2021



CONTACT US

Our new address:
333 First Parish Road
Scituate, MA 02066

781-545-8722

[www.scituatema.gov/
council-on-aging](http://www.scituatema.gov/council-on-aging)

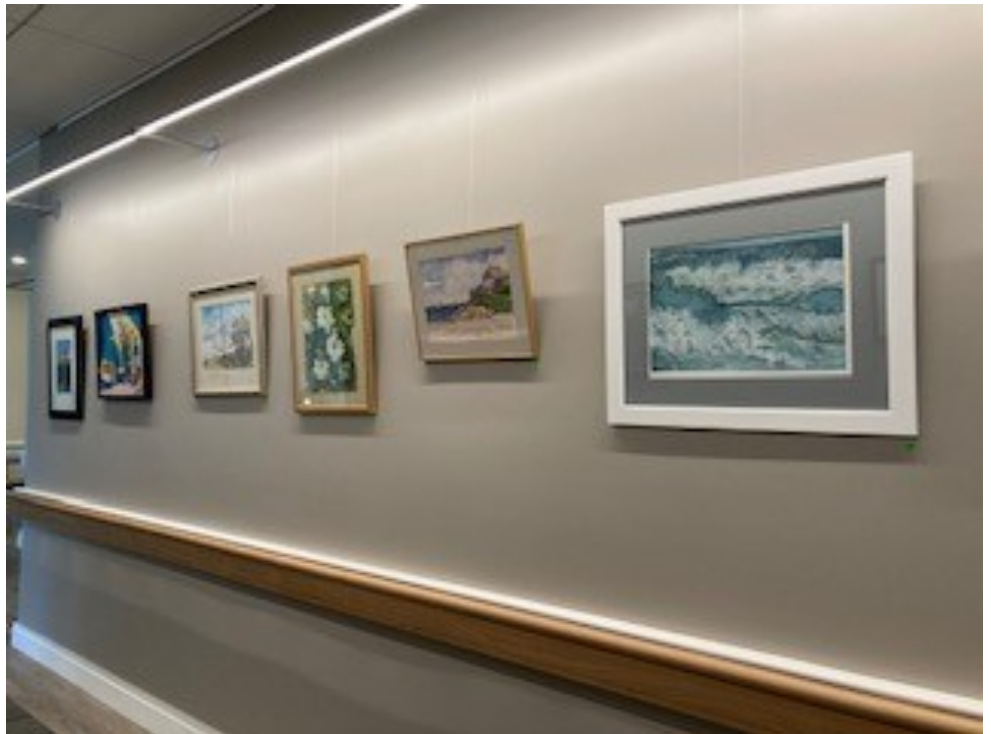
Hours of Operation:

Monday - Thursday
8:30 am to 4:30 pm

Friday | 8:30 am - 3:00 pm

OUR MISSION

To identify the unique needs and interests of our senior community and implement programs that will enhance quality of life, foster independence, and ensure the physical and emotional well-being of a growing and active older population.



LUNCH PROGRAM SOARS

Serving lunch Mondays - Thursdays / 12:00 PM

*The complete menu is available at the Senior Center or online at
www.scituatema.gov/council-on-aging*

*We ask for reservations at least 2 days in advance at
781-545-8722, press 0.*

Mon 11/1 **Chicken piccata**, rice pilaf, peas

Tues. 11/2 **Sloppy Joe sandwich** on a bun, sweet potato fries,
chicken noodle soup

Wed. 11/3 **Breaded pork tenderloin** cutlet w/mushroom and sour
cherry sauce, garlic mashed potatoes,
sautéed Brussel sprouts

Thu. 11/5 **Baked haddock**, Lyonnaise potatoes, Asparagus



Placeholder

ABOUT US

DIRECTOR'S NOTE

Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received. 1 Peter 4:10

Happy November and December, despite the change in weather/sunlight that always takes me too long to embrace. This year, though, we are comfortably situated in our beautiful building. I am hoping many of you have come in and seen first hand how it could become your "Home away from Home". Activity abounds, especially since the start of our lunch program. Exercise classes continue to be popular, and we are happy to be able to add something new to supplement the current lineup of fitness offerings– check out our new Essentrics class with Barbara Leary on Tuesday mornings at 9:00 AM beginning on November 9.

We are accepting suggestions, of course, some of which we have been able to respond to quickly, and others may be in the works but take more time. For instance, increasing the number of Handicapped parking spaces would impact the number of total spaces that is required by code for this size building, so for the time being we are looking into something else to accommodate those that need to park closer to the building and hope to have something helpful in place soon. Also, we are working on getting signage for the driveway entrance on First Parish Rd. Keep in mind that we are able to use the Recreation parking lot off of Cudworth Rd for extra parking.

A few reminders and policy updates:

Lunch – Limits, reservations and CANCELLATIONS. We are accepting reservations for lunch at any time, but at least 2-3 working days in advance of the lunch date. We strongly ask that we receive cancellations for those unable to make a date that they have reserved also well in advance so that we can fill the spots that the Chef has counted on for his lunch preparation and setting for the dining room. If you don't show, then there is unplanned leftover food. Often there is a wait list that goes untapped if we do not hear from you. We plan to expand opportunities for soup and occasional sandwich lunch options for the Café as able. Watch the sign for daily postings! I am sure all join me in a special thank you to Fred Willette for delivering such a

wonderful lunch experience and sharing your gift with us – and thank you Kitchen volunteers for providing the service and setting that make our patrons feel special.

Classes – Limits, pre-registrations and CANCELLATIONS. Please continue to register ahead and call if you are unable to keep your spot so someone else may enjoy it. We appreciate all of the cooperation we have received to help us manage the demand!

Front Desk – Please keep in mind that our Front Desk receptionists are volunteers and doing their best to communicate the necessary policies of the Center along with assisting with the needs and requests of our patrons. Please be patient and flexible.

Lighthouse Café Library – Our policy on receiving books is that we cannot accept all books that are offered so any requests to donate should go through the Administration office and not be added to the shelves without our knowledge. Our policy on borrowing books is they should be SIGNED OUT on the sheet left in the Library and returned within a reasonable 1-2 month timeframe. We are being selective in the books that we take and share, so therefore we would like to have them returned for others to enjoy. The Cliffs Study shelves we hope will house books and magazines to be enjoyed on the premises and not for lending unless specially requested.

I would also like to applaud the 25 artists who shared their beautiful and unique talents with us for this past month into November. I know I have heard from others how much they have enjoyed viewing the works and we have been fortunate to have them. Our next exhibit will be with the Coastal Printmakers beginning on November 15 through to the end of the year. We will be planning for several more rotating exhibits of varying art mediums, so stay tuned!



OUR STAFF

Director

Linda Hayes | 781-545-8871
lhayes@scituatema.gov

Administrative Assistant

Jill Johnston | 781-545-8874
jjohnston@scituatema.gov

Transportation Coordinator

OPEN | 781-545-8872

Outreach Coordinator

Erin Lamonte | 781-545-8873
elamonte@scituatema.gov

Activities & Volunteer Coordinator

Jessica Souke | 781-545-8875
jsouke@scituatema.gov

Food Service Manager

Fred Willette | 781-545-8832
fwillette@scituatema.gov

Van Drivers

Betty Durkin, Juan Marcellana,
Jim Keeley, Joe Swindler, and
soon Mary Brown.

COUNCIL ON AGING BOARD

John D. Miller, Chair

Susan Kelly, Vice Chair

Leslie James

Janice Lindblom

Pat Carleton

Laurie Brady

Marie Fricker

Deirdra Dwyer

Barbara McFadden, Associate

Selectman Liaison

Karen Canfield

COA Board meetings are monthly on the 2nd Thursday (excepting November, which will be the 2nd Tuesday) at 5:30 pm.

KEEPIN' IT MOVING—EXERCISE FOR ALL

YOGA OPTIONS

Floor Yoga w/Anne

Mondays at 8:30

Chair Yoga w/Anne

Mondays at 9:45

Gentle Yoga w/ Elizabeth

Wed & Friday at 8:30

Chair Yoga w/ Elizabeth

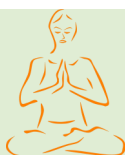
Wed & Friday at 9:45

Floor Yoga \$10/class; Chair \$5

Classes held in our new **Lawson**

Tower Fitness Room. Sign-ups

encouraged.



ZUMBA GOLD

Mon & Wed @ 2:00-3:00

Zumba class with Justine. This is a fun dance opportunity w/lively music & extra toning included.

Please pre-register to be sure we can accommodate you. Cost \$5



BALANCE FOR LIFE

Mon & Thurs @ 11:00-12:00

This popular class w/Sue incorporates stretching, movement, strengthening w/ resistance bands, meditative awareness, cool music & of course Sue, herself! Please pre-register a week in advance to ensure your

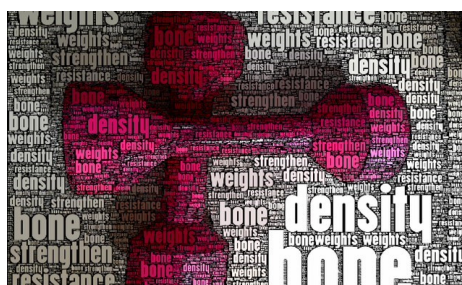
LET'S WALK!

TRAIL WALKING— meets every Friday @1pm to walk trails around Scituate and beyond. Please call 781-545-8875 to register and receive details for the weekly meeting spot.

LET'S LINE DANCE!

Tues—11:00-11:45

Join our Line Dance class w/Jean to learn some new steps and dance to your favorite country songs. Fun way to exercise and be a hit at your next wedding. Pre-registration requested. Cost \$5.



LIFT YOUR SPIRITS STRENGTH CLASS

Mon @ 12:30-1:30

Wed & Fri @ 11:00-12:00

Strength training opportunity with Sue using hand weights. LIFT your spirits and increase your muscle strength—good for your bones, body and mind! Please pre-register a week in advance to ensure your spot. \$5.



TAI CHI 4 HEALTHY AGING

Tues—either @ 1:00 OR 2:30

Thurs—@ 1:00 only

We offer this modified Tai Chi program providing an introduction to Tai Chi movement with 8 forms designed to strengthen, relax and promote better balance. We are now adding a 2nd opportunity to practice on Thursdays. Please pre-register. \$4 per class.

'ESSENTRICS' CLASS IS IN THE HOUSE!



Tues—9:00-10:00

This full body exercise simultaneously lengthens and strengthens muscles with flowing movement, increasing flexibility and mobility. New instructor Barbara Leary is certified in this special class made popular on PBS/created by Miranda Esmond-White to promote "aging backwards." November 9 class complimentary.

COFFEE & BOCCE WITH OFFICER BRAD STENBECK

9:30 AM – Coffee & Q+A

10:00 AM—Bocce

Try your hand against the "Blue Team"!



INDOOR PICKLEBALL

Fridays- 11:00 am

We offer INDOOR Pickleball at the Veterans Memorial Gym on Fri @ 11-12:30. We ask for players to assist w/ setting up nets & breaking down at the end. Play is rotated as needed. Beginning instruction available. Please pre-register!!

OUTREACH & SERVICES

SHINE

Appointments for assistance or questions for health insurance coverage, selections, and changes, especially during Medicare Open Enrollment:

October 15 - December 7

SHINE -> *Serving the Health Information Needs of Everyone*

Our volunteer SHINE Counselors receive rigorous training in aspects of Medicare and health insurance. Their role is to advise and assist with questions concerning health insurance and prescription coverage for 65 and over.

Appointments are now available in person at the Senior Center with Rich Durkin or Elaine Schembari.

Please call 781-545-8722, press 2 for Jill or 0 for the Front Desk.

**For those turning 65 it is advised that you begin at least 3 months in advance of your birthdate.*

SNAP

Do you need assistance paying for food? SNAP may help. During this pandemic, many people may need more help paying for groceries. You may be eligible! Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are a debit card with a PIN for use at most grocery stores.

SCITUATE FOOD PANTRY

Client Hours:

Tues 10:00 am – 12:15 pm

Thurs 3:30 – 5:15 pm

The Food Pantry is now located at 327 First Parish Rd behind the Senior Center in the lower level of the old Gates School Building. Procedures for drive-up service will continue. Call the Food Pantry to register at 781-545-5827.

Van Service is available at **NO CHARGE** through the Senior Center by calling **781-545-8722, press 3** to speak to the Transportation Coordinator.

STATE SENATOR PATRICK O'CONNOR'S OFFICE

Senator Patrick O'Connor office hour with **Lou Rizzo—3rd Thursdays at 10:30-11:30 at the Senior Center**

STATE REPRESENTATIVE PATRICK KEARNEY

Rep. Patrick Kearney office hours CALL TO REQUEST.

ASK A LAWYER

For a legal question, you can schedule a complimentary 1/2hr appt w/ one of our volunteer attorneys on the **3rd Friday of the month at the Scituate Senior Center**. Next available date: *Sept 17*.

BP / HEALTH CLINIC WITH NURSE EILEEN SCOTTI

1st & 3rd Wed 10:30-12:00

Check Blood Pressure; Ask a Nurse; Schedule a B-12 shot (with prescription)

WELLNESS APPOINTMENTS

REFLEXOLOGY - Did you know that every organ and cell in the body has a reflex point on the soles of the feet? Anne Brennan, LMT & Reflexologist will guide you through a session that will relax and relieve tension.

Appointments on Wednesdays 11/10 & 12/8; 9:00 - 2:00 pm, 30 mins/\$30.

CHAIR MASSAGE - Freya Schegel
Designed to take the weight off the spine and give easy access to the head, neck, back, shoulders and arms. **Fridays, Nov 5 and Dec 10; Appts 9:00 - 1:00 pm, 20 mins/\$20.**

REIKI - with Elizabeth Rogers

A healing technique based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing process. **Last Thursday of every month, 10:00 - 3:00 pm; \$75/hour session.**

Call 781-545-8722 to book an appt.

WELCOME OUR NEW OUTREACH COORDINATOR!

We congratulate and welcome Erin Lamonte to our team as our Outreach Coordinator. Erin will be available to connect the seniors of Scituate to an array of resources and assistance.

"As a lifelong Scituate resident and mother of two, I have a deep love for our community. A strong outreach program allows us to get more information out to the aging population and their families who need assistance—I am happy to be that bridge for the seniors of Scituate.."

Erin's office hours are Monday–Friday, 8:30–4:30. Call or stop by!

SENIOR CENTER VOLUNTEER CORNER

DO YOU WANT TO MAKE A DIFFERENCE? If you are interested in volunteering please call Jessica at 781-545-8875. We are looking for:

- Café/Kitchen Assistants and Lunchtime Servers for our Food Program
- Parking Lot Monitors (eligible for Senior Tax Work-off position—see Linda

NOVEMBER 2021 CALENDAR

MON 1	TUES 2	WED 3	THUR 4	FRI 5
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Chicken picatta 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Men's Breakfast 9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Bocce 11:00 Line Dance 12:00 Sloppy Joe sandwich 1:00 Shuffleboard 1:00 & 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 10:30 Nurse 11:00 Lift Spirits Strength 12:00 PORK tenderloin 1:00 Watercolor Class 1:00 Scrabble 2:00 Zumba Gold	10:00 Crafty Card Making 10:30 Grief Support Group 11:00 Balance 12:00 Baked haddock 1:00 Bocce Game— All levels 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 10:30-12 iPhone Intro 11:00 Lift Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 8	TUES 9	WED 10	THUR 11	FRI 12
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Corned beef dinner 12:30 Lift Spirits Strength 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Bocce 11:00 Line Dance 12:00 Quiche Lorraine 1:00 Shuffleboard 1:00 & 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 9:00 Coffee w/the Cops 10:00 Bocce (w/the Cops) 10:00 History Class 11:00 Lift Spirits Strength 11:00 Art for the Mind! 12:00 Chick Parmesan 1:00 Watercolor Class 1:00 History Class 1:00 Scrabble 2:00 Zumba Gold	CLOSED 	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 15	TUES 16	WED 17	THUR 18	FRI 19
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Beef stew 12:30 Lift Spirits Strength 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Bocce 11:00 Line Dance 12:00 BLT wrap 1:00 Shuffleboard 1:00 & 2:30 Tai Chi 1:00 Parkinson Support Group	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 10:00 History Class 10:30 Nurse 10:30 Garden Club 11:00 Lift Spirits Strength 12:00 Poached Salmon 12:00 Caregiver Supp Group 1:00 Watercolor Class 1:00 History Class 1:00 Scrabble 2:00 Zumba Gold	10:30 Grief Support Group 10:30 Sen O'Connor 10:30 Artists Books Wkshp 11:00 Balance 12:00 Roast Turkey Lunch 1:00 Knitting 1:00 Bocce – All levels 1:00 Shuffleboard 3:00 No Rules Book Club	8:30 Yoga 9:45 Chair Yoga 10:30 iPhone Intro 11:00 Lift Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 22	TUES 23	WED 24	THUR 25	FRI 26
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Grilled chicken 12:30 Lift Spirits Strength 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Bocce 11:00 Line Dance 11:00 Book Club 12:00 Burger and fries 1:00 Succulent Tree Wkshp 1:00 Shuffleboard 1:00 & 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits Strength 12:00 Lasagna 1:00 Scrabble 2:00 Zumba Gold	CLOSED 	CLOSED
MON 29	TUES 30	COASTAL PRINTMAKERS EXHIBITION 'unPRESSedented' Eleven Artist-Students, past and present, of printmaker Esther Maschio will exhibit work at the Senior Center November 15-December 31, 2021. A consortium of printmakers, the organization was founded in 2007 and exhibits annually. These works are by printmakers who met weekly during Covid lockdown. Esther Maschio firstimpressions@comcast.net <i>Art is finished by the viewer</i>		
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Meatloaf 12:30 Lift Spirits Strength 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Bocce 10:00 Security for Seniors 11:00 Line Dance 12:00 Pulled pork sandwich 1:00 Shuffleboard 1:00 & 2:30 Tai Chi (Begins new 8-week)			

DECEMBER 2021 CALENDAR

		WED 1	THUR 2	FRI 3
		8:30 Yoga 9:45 Chair Yoga 10:00 History Class 10:30 Nurse 11:00 Lift Spirits Strength 12:00 Chicken stew 1:00 Watercolor Class 1:00 History Class 1:00 Scrabble	10:00 Crafty: Card Making 10:30 Grief Support Group 11:00 Balance 12:00 Shrimp Casserole 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 10:30 iPad Intro 11:00 Lift Spirits Strength 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 6	TUES 7	WED 8	THUR 9	FRI 10
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Baked stuffed chicken 12:30 Lift Spirits 1:00 Hand & Foot	9:00 Essentrics 9:00 Men's Breakfast 9:15 Beg Mah Jong 10:15 Mah Jong 11:00 Line Dance 12:00 Egg salad sandwich 1:00 Shuffleboard 1:00 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 & 1:00 History Class 11:00 Lift Spirits Strength 11:00 Art for the Mind! 12:00 Baked pasta & chicken 1:00 Watercolor Class Zumba Gold	11:00 Balance 12:00 Fish Cakes 1:00 Shuffleboard 1:00 Knitting 5:30 COA Board Meeting	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits Strength 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 13	TUES 14	WED 15	THUR 16	FRI 17
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Roast pork loin 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 9:15 Beg Mah Jong 10:15 Mah Jong 11:00 Line Dance 12:00 Turkey/Swiss 1:00 Shuffleboard 1:00 Winter Snowflake 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 History Class 10:30 Nurse 10:30 Garden Club 11:00 Lift Spirits 12:00 Holiday luncheon 12:00 Caregiver Group 1:00 Watercolor Class 1:00 History Class 1:00 Scrabble 2:00 Zumba Gold	10:30 Sen O'Connor 10:30 Grief Support Group 11:00 Balance 12:00 Baked Haddock 1:00 Knitting 1:00 Shuffleboard 3:00 No Rules Book Club	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits Strength 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 20	TUES 21	WED 22	THUR 23	FRI 24
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Por roast 12:30 Lift Spirits 1:00 Hand & Foot	9:00 Essentrics 9:15 Beg Mah Jong 10:15 Mah Jong 11:00 Line Dance 12:00 Chick salad wrap 1:00 Shuffleboard 1:00 & 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 & 1:00 History Class 11:00 Lift Spirits Strength 12:00 Baked ham 1:00 Scrabble; 2:00 Zumba 2:00 Zumba Gold	11:00 Balance 12:00 Baked stuffed sole 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits Strength *Check for activity schedule
MON 27	TUES 28	WED 29	THUR 30	FRI 31
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Meatloaf & mashed 12:30 Lift Spirits 1:00 Hand & Foot	9:00 Essentrics 9:15 Beg Mah Jong 10:15 Mah Jong 11:00 Line Dance 12:00 Pulled pork sandwich 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 History Class 11:00 Lift Spirits Strength 12:00 Quiche du jour & Soup 1:00 History Class 1:00 Scrabble 2:00 Zumba Gold	11:00 Balance 12:00 Fettucini Alfredo 12:00 New Year's Band (TBA) 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits Strength 11:00 Pickleball 1:00 Trail Walking

PROGRAMS, CLASSES, ACTIVITIES

ART CLASSES

Watercolor Painting & Drawing

Instructor: JUDY ROSSMAN

Wednesdays 1:00—3:30

6 weeks: Nov 3 – Dec 15; \$65

An opportunity to work with transparent water-based media for all levels. Emphasis on painting from observation—work from still life provided or referenced photos. The course exposes students to color mixing methods specific to the media and explores a variety of techniques. Guided instruction and less structure offered for more experienced students. Basic drawing instruction also included in series with structured, sequential exercises. Drawing skills are not “inherited” – Drawing is a taught skill, which any student can learn with the proper instruction. Individual attention will address all skill levels.

Painting Workshop

Instructor: JO KILLION WILDES

TBD.

Please call or register online for all classes. Supplies lists available at the Senior Center.

CRAFTS: CARD MAKING

Join local card maker, Beth McGaw, who will show how to make homemade cards in just a few easy steps using an array of fabrics. **1st Thursday of the month @ 10AM-12. Cost :\$5**



“No Rules” Book Group with Leader Nancy Harris

Next Meeting: **Thursday, November 18th @3pm / Book Title TBA. The book club will break for December and reconvene in 2022!**

RECREATION & LEISURE

- Knitting—Thurs @ 1:00
- Quilting—TBD
- Mah Jong—Tuesdays
 - Beginners @ 9:15
 - Advanced @10:15
- Hand &Foot—Mon @ 1:00
- Scrabble—Wed @ 1:00
- Bridge & Cribbage— Thurs 11:00am
- Poker Game(s)— Weds 11:00 am

GARDEN CLUB WORKSHOPS FLORAL ARRANGMENTS

November 17 @ 10:30— Autumn Foliage

December 15@ 10:30— Boxwood Trees

WINTER SUCCULENT WORKSHOP

How to make a Christmas Succulent Tree

November 23 @ 1:00 — 3:00pm

\$5/supply cost

BOCCE BALL

Group Play - Rotating games. Equipment provided.

Tues @ 10:00 am

Wed @ 10:00 am

Thurs @ 1:00 pm

You can also call to reserve the Bocce set for a private game.

SHUFFLEBOARD & Pool Tables

Our Pool & Shuffleboard Tables are popular! Players are welcome to sign up for time to play w/ friends!

Open Pool: Monday mornings or Friday afternoons, or when the Game room is available.

ART FOR YOUR MIND

Jill continues her wonderful and enriching Art Appreciation presentations on 2nd Wednesdays at 11:00am ! Please pre-register.

Nov 10— Dutch Golden Age

Dec 8— Mary Cassatt - A New Woman.

This program is sponsored by the Scituate Education Foundation. It is now funded by the Joanne Papandrea Memorial donation fund.

CAFÉ TALK INTERNET SECURITY FOR SENIORS

NEW

- Bobbi Bookstaver is a cyber security specialist.
- Learn how to protect yourself from scams on your computer, Ipad, or phone.
- Tuesday, November 30th 10—11 am



CRAFT: WINTER SNOWFLAKE DECORATION

Lee Vickers will give step by step instruction to make festive snowflakes!
Tuesday, December 14th at 1:00 PM Register to attend.

NEW

PROGRAMS, GROUPS, ACTIVITIES

IPAD / IPHONE CLASSES

Would you like to learn to use the iPad or iPhone or hone your skills? Join our tech courses with instructor Katy Mayo on **Fridays from 10:30-12.**

Ipad Intro date —December 3

Learn to: connect to wifi, review settings, texting, email and basics about apps and your Apple account and cloud.

Iphone Workshop— Nov. 5 & 19

Learn to: Use the basic functions of your iPhone including email, texting, calendar, apps and more!

Please call 781-545-8871 to signup. Cost \$15 per class.

CAREGIVER SUPPORT GROUP

Could you benefit from the support of others who understand the experience of being a caregiver for a loved one? We encourage you to join our monthly Caregiver Support Group. It meets the **3rd Wednesday of the month 12-1:00pm.** Our group is led by an experienced facilitator & social worker, Suzanne Otte. A Zoom option will be available. Please call

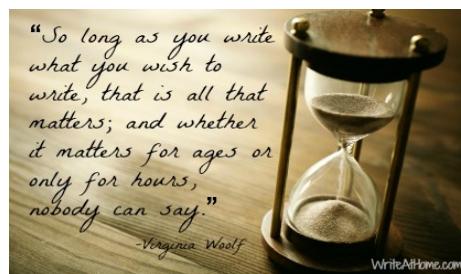
PARKINSON'S SUPPORT GROUP

Participants have an opportunity to meet in person at the Senior Center or via Zoom monthly. Meetings are held on 3rd Tuesday of the month (Nov 16 and Dec 21) at 1pm. Call 781-545-8722 for info.

GRIEF SUPPORT GROUP

Susan Kelly will help you navigate your way through your loss and healing journey. The "Grieve Not Alone" group meets at the Senior Center the **1st and 3rd Thursdays of the month from 10:30 AM to 12:00 PM** followed by option to have lunch – advanced registration required for lunch. Call 781-545-8722 for more info.

NEW



EXPRESSIVE WRITING

Everyone is welcome at this weekly writing group. We choose a new prompt each week & write for 15 mins, then read aloud. Sometimes light, sometimes deep, sometimes funny & always fun!

Mondays 11:00 am—12:00pm
Starting Monday, November 1st

Join us! Call the Senior Center or register online!

E-MAIL, & ON-LINE!

You can receive an e-mail giving you immediate access to the newsletter online at ourseiorcenter.com site. Once the newsletter is published online, we immediately place it on our website page at scituatema.gov/council-on-aging/newsletters.

MYACTIVECENTER.COM

We are pleased to offer this convenient, online system to register for on-site & virtual classes! Simply login on to MYACTIVECENTER.COM, locate "NEW USER" and use your personal key tag number on the back of your scan card, including the 'X'. **If you need a key tag or help setting up your account, please call us at 781-545-8722.**

ON-LINE PAYMENTS

We are able to offer online payments for some of our classes and programs through the Town of Scituate website.

On your browser, go to: scituatema.gov.

- Select Online Payments,
- Select Pay Bills Online,
- Select more from Town Clerk/Schools/COA,
- Select Town of Scituate Council on Aging,
- If there is a cost associated with your program, you can pay w/check made out to the Senior Center or cash

FUN FRIDAY FLIX!

Movie starts at 12:30; Popcorn provided.

- Nov 5 Cats of Mirikitani, 2006 Documentary
- Nov 12 The Trial of the Chicago 7, 2020 Drama
- Nov 19 The Greatest Showman, 2017 Musical/Drama
- Nov 26 [Closed]
- Dec 3 Palmer (2021 Drama, R)
- Dec 10 Family Stone, 2005 Romance/Comedy
- Dec 17 Joyeux Noelle (Merry Christmas) - Foreign Film, 2005
- Dec 31 [No Movie]

UKULELE LESSONS

Interested in strumming with friends? Ukulele lessons have started up on

Fridays @ 11:00 am. Call 781-545-8875 for details.



TRANSPORTATION

Local Rides

We provide weekly rides to medical or dental appointments, senior center activities & for other personal needs. Please call at least 2 days in advance!

Grocery Shopping

Wed— Shaws in Cohasset

Thurs—Village Market & Scituate Harbor

Out-of-Town Medical Rides

We arrange out-of-town medical rides to other locations on the South Shore, from Plymouth to the southern part of Boston. PLEASE NOTE—these out of town vans are extremely busy in the morning and late afternoons. For best service, try to schedule your out of town medical appointments for midday. Call at least 5 days in advance.

Masks are required on the van.

Call to be added to the trip schedule. 781-545-8722, press 3.

We are in need of a few volunteers willing to act as a companion to an older person riding the van who needs additional assistance. Call if interested in this role.

Cost for Rides

Local trips:

\$1.75 / \$3.50 round-trip

10-ride pass: \$15

Medical Out-of-Town:

\$10 local round-trip

\$20 (Plymouth or Boston)



MORE CLASSES AND EVENTS

COASTAL LIFESAVERS OF THE SOUTH SHORE

with Bob Jackman

Coastal Lifesavers of the South Shore will overview both citizen-based and governmental efforts to provide lifesaving services from colonial times until 1940 from Hull to Plymouth with an emphasis on the Upper South Shore. The efforts of individuals and groups of individuals will be identified, and there will material on specific rescues they conducted.

Wednesdays, (6 Sessions) November 10, 17, December 1, 8, 15, 29.

Tuition \$24 (includes all 6 sessions). At signup student must select either morning session 10-11:30am or afternoon session 1-2:30pm.

Class size is limited; Pre-registration is required. Both sections will meet in the Peggotty Room.

There will be a 10-minute intermission during each program and social time before and after the program. A cart for coffee or tea will be provided.

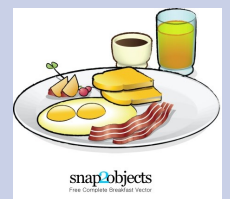
MEN'S BREAKFAST TIME!

1st Tuesday of every month at 9 AM—Ladies welcome!

Nov 2 - Our Guest speaker, Scituate resident, Peter Mehegan will share experiences from his career in broadcasting and as the former (and original) host of Chronicle.

Dec 7 - Celebrating Veterans with the Veterans Advisory Council; including learning about important resources and benefits

Come, Connect, Socialize—the keys to good health, along with starting the day with a delicious breakfast! \$5/pp.



ITS TIME TO CELEBRATE SAVE THE DATES!

**Thursday, Nov. 18th @ Noon
Thanksgiving Luncheon & Music!**

**Wednesday, Dec. 15th @ Noon
Festive Holiday Luncheon &
Entertainment!**

**Thursday, Dec. 30th @ Noon
New Year's Eve Band!**



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& Council on Aging

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SUPPORT

The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

Advertisers

Printing of this newsletter by LPI is made possible through local advertising. Anyone wishing to advertise, call LPI at: 800-477-4574 x6377.

FOSS—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends provide funding for items not supported by the municipal budget or grants. Much of the Friends donation monies have been applied to purchases for the new Senior Center. In addition, the Friends will support our continued “free” coffee at the Café and for lunches this year. They are also bringing back the Hershey’s kisses we are all so fond of in honor of Bette Johnson, for whom they have also purchased benches to be placed in her memory and a future tree and seating area to be enjoyed.

FOSS ADDRESS for membership & donations:

P.O. Box 75, North Scituate, MA 02060

DONATIONS IN MEMORY OF / IN HONOR OF

You could memorialize or honor your loved one or a dear friend here in support of future Senior Center programs by donating directly to the Scituate Council on Aging for Programs, Transportation or Outreach Services. Donations may also be made to the Friends of Scituate Seniors as stated above. Thank you to those families and individuals who donated through the Friends “Fund a Room campaign for your enduring legacy.

Donor

Vignoni family
Esther Maschio
Esther Maschio
Linda Bornstein

In Honor of

The Mills family

In Memory of

Joanne Papandrea
Jack and Janet Mills of Scituate
Joanne Papandrea
Bette Johnson